

NAVY FITNESS INSIDER

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NAVY FITNESS INSIDER RECAPS ABC MEETING AND HIGHLIGHTS THE NORFOLK AREA BASES

Welcome to another issue of "Navy Fitness Insider". This starts our second year of offering this informational newsletter. I hope you have enjoyed the updates and information that this publication puts out.

This issue will deal with recapping the Athletic Business Navy Meeting. This year we had approximately 73 Navy Fitness personnel from around the world attending. This years talks included the following: Chris Mehrer—"State of Navy MWR," Kelly Powell—"Mission Essential Brief," Marc Meeker "Sport Specific Training" and "Applying "24 Weeks to Success" at your Installations." These topics were very informative and also let Navy Fit-

ness personnel know about upcoming initiatives that the Navy has going.

Randy White former Dallas Cowboy great and Hall of Famer was our guest speaker. He gave a wonderful talk about his times with the Cowboys and how fitness training really helped prolong his career.

We will also highlight programs from the Norfolk area to see what is going on in the Mid Atlantic.

Other items that will be in-

cluded in this issue will be scheduling issues at your facility, staff training, supplements in our facilities, to name a few.



All this along with some other added goodies should make this another great issue of Navy Fitness Insider.

SUPPLEMENTS IN OUR FACILITIES "DO YOU REALLY KNOW WHAT YOUR SELLING"

With growing concerns about supplements throughout our military we must stay alert to all new information that is being released about banned substances and supplements that could be harmful to our sailors.

It has come to our attention that some MWR activities may still be selling Androstenedione in their gyms or facilities. If you missed the original announcement here it is included below. Even if Andro is a secondary ingredient in the supplement you should not have it in your facility.

As a result of recent government action,

those MWR Activities selling dietary supplements should be advised to remove the steroid-like supplement, androstenedione from their operations if found. Commonly called andro, the product is a steroid precursor - the body uses it to make testosterone. That means it poses the same health risks as directly using an anabolic steroid, the Food and Drug Administration has stated in warnings telling 23 manufacturers to cease their production. Anabolic steroids, which build muscle, are controlled substances. But andro - because it is a precursor, not the steroid itself - has long been marketed as a dietary

supplement, selling over the counter. U.S. law lets dietary supplements sell with little oversight to ensure they're safe. Medical studies show andro does raise testosterone above normal levels. Side effects of elevated testosterone include acne, baldness, and a drop in the so-called good cholesterol that could lead to heart disease.

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Upcoming Points of Interest

- National Aquatic Conference & Exposition
March 2-7, 2005 Las Vegas
- ACSM Health and Fitness Summit
March 29- April 1 2005 Las Vegas
- NSCA National Conference
July 7-9 2005 Las Vegas



MAKING TIME FOR EXERCISE IS EASY

(FROM FIT FACTS BY THE AMERICAN COUNCIL ON EXERCISE A.C.E.)

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly. For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups. For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

AEROBIC ACTIVITY CAN BE FUN

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving.

Ideally, do it for 20 minutes straight. If you don't have that much time, two 10 minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is

that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car further away. You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in on of your daily sessions! Check with you local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose fat.

PLENTY OF GOOD EXERCISE ALL AROUND THE HOUSE

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a work-

out. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

IS ONE TIME BETTER THAN ANOTHER TO EXERCISE?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

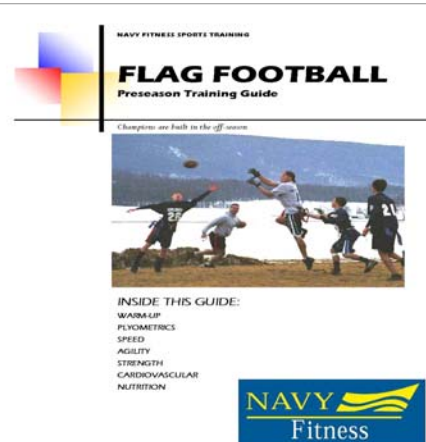
MAKE TIME TO STAY HEALTHY

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.

PRESEASON SPORT MANUALS NOW AVAILABLE

Pre-season Sport Training Manuals- Pre-season sport training manuals are now available online for download to aid your Sailors in preparation for upcoming sport seasons. These 6 week training guides explain in step by step detail how to properly prepare yourself for an upcoming sports season. The areas of strength, speed,

agility, plyometrics, and nutrition are covered in these easy to follow guides. A weekly calendar will guide the Sailor to which exercises to do each day to come into the season in top shape. These manuals can be downloaded from the MWR homepage or be requested by disc from N221D.





JOGGING FOR NEWBIES

(FROM HEALTH DAY NEWS @ HEALTHFINDER.GOV)

Jogging is a great exercise, a fun way to experience nature, and a wonderful way to spend quality time with your dog.

But how do you get started?

The American Podiatric Medical Association suggests you begin with a visit to a podiatrist. He or she can examine your feet and identify potential problems, discuss conditioning, recommend a style of footwear and prescribe an orthotic device that fits a running shoe, if you need one.

Then your off and running. Start with



a four-day-per-week conditioning program for 12-16 weeks.

Begin with two sets of two-minute jogs interspersed with five minutes of

fast walking. As the weeks progress, increase the number of minutes jogged per set to 20 minutes. Spend at least five workouts at each new level.

By the 16th week, you should be able to run two sets of 20 minutes each, with a five minute walk before, between, and after. Make adjustments for heat and altitude, and don't be frustrated if you think your pace is too slow. A disciplined regimen will decrease your chances of injury.

And don't forget to warm up, cool down and stretch.

NAVY FITNESS SESSION AT ATHLETIC BUSINESS

Seventy three MWR professionals from eleven regions attended the Navy Fitness Session November 9th, 2004, in conjunction with the Athletic Business Conference in Orlando, Florida.

Chris Mehrer started off the session with his talk about "The State of MWR." Since we have moved under CNI most people really do not know the total infrastructure of CNI and Chris explained this in detail to clear up any confusion. He also stressed that we have a bright future ahead of us in Navy MWR.

Kelly Powell then gave a talk on the Mission Essential Branch. During his talk he asked what the different problems were that each base was encountering this year. The participants voiced a need for more assistance in helping field professionals meet the needs for

their customers. Issues raised included funding and predictability of funding; lack of fitness personnel; training initiatives with regard to fitness certification; facilities resource dollars to upgrade; increasing participation; and developing ways to implement program consistency; a feeling of too much variation from base to base and region to region. Kelly discussed issues of staffing, equipment maintenance, and the recently completed fleet and shore customer survey.

After Kelly's presentation Marc Meeker presented two new programs that are available to the field. One is the "24 Weeks to Success" fitness enhancement program. This will aid fitness directors and cfl's with a blueprint on how to take a person who has fallen out of standards and get them

back to standards in a reasonable time.

Marc also rolled out the new 6 week pre-season sport training manuals. These manuals are intended to give the recreational Navy athlete a guide to get ready for the upcoming season through strength, speed, agility, plyometrics, and cardiovascular.

Randy White, former Dallas Cowboy great and Hall of Famer, finished up our day as our special guest speaker. He told his stories about being a Cowboy and also some personal obstacles that he had overcome during his life.

All conference information, as well as new sports specific training materials, is on the Navy Fitness Webpage.

Americans Getting Taller, Much Heavier

By Laura Meckler, Associated Press Writer (Thursday October 28, 2004)

Washington— Better nutrition has helped Americans grow a little taller. But it's been too much of a good thing: The nation is also a whole lot fatter.

Adults are roughly an inch taller than they were in the early 1960's, on average, and nearly 25 pounds heavier, the government reported Wednesday.

The nation's expanding waistline has been well documented, through Wednesday's report is the first to quantify it based on how many pounds the average person is carrying.

The reasons are no surprise: more fast food, more television and less walking around the neighborhood, to name a few. Earlier this year, researchers reported that obesity fueled by poor diet and lack of activity threatens to overtake tobacco use as the leading preventable cause of death.

In 1960-62, the average man weighed 166.3 pounds. By 1999-2002, the average had reached 191 pounds, according to the national center for Health Statistics— part of the Centers for Disease Control and Prevention— which issued the report. Similarly, the report said, the average woman's weight rose from 140.2 pounds to 164.3 pounds.

The trends are the same for children, the report said: Average 10-year-olds weighed about 11 pounds more in 1999-2002 than they did 40 years ago. So expect the next generation of adults to be even heavier than they are today, said Dr. Samuel Klein, director of the Center for Human Nutrition at Washington University School of Medicine in St. Louis.

"All the kids who are obese now will be come obese adults," Klein said. "What will happen with the next generation of adults is really scary."

Obesity can increase the likelihood of diabetes, high blood pressure, high cholesterol and other health problems.

The report also documented an increase in weight when measured by body mass index, a scale that takes into account both height and weight. Average BMI for adults,

ages 20-74, has increased from about 25-28 over the 40-year span.

Anyone with a BMI of 25 and up is considered overweight, and those with BMI's of 30 or more are considered obese.

At same time, through less dramatically, Americans are getting a little bit taller.

Men's average height increased from 5 feet 8 inches in the early 1960's to 5 feet 9 1/2 inches in 1999-2002.

The average height of a woman, meanwhile, went from just over 5 feet 3 inches to 5 feet 4 inches.

The increase in height and weight are both fueled by the availability of more food, researchers say. To reach genetic potential for height, the human body needs a certain level of nourishment, and Wednesday's report shows that Americans have achieved it, said David Katz, director of Yale University's Prevention Research Center.

"You have put every last calorie into the system that you need to reach your genetic potential," Katz said. After that, he said, "there's only one place for the rest of those calories to go"—into fat.

The weight gain trend is typically reported as what portion of all children or all adults are overweight. Those numbers are also alarming. In 1999-2002, 31 percent of adults had a BMI of 30 or over, considered obese. That's more than double the rate in the early '60s.

About two in three adults in 1999-2002 were considered overweight.

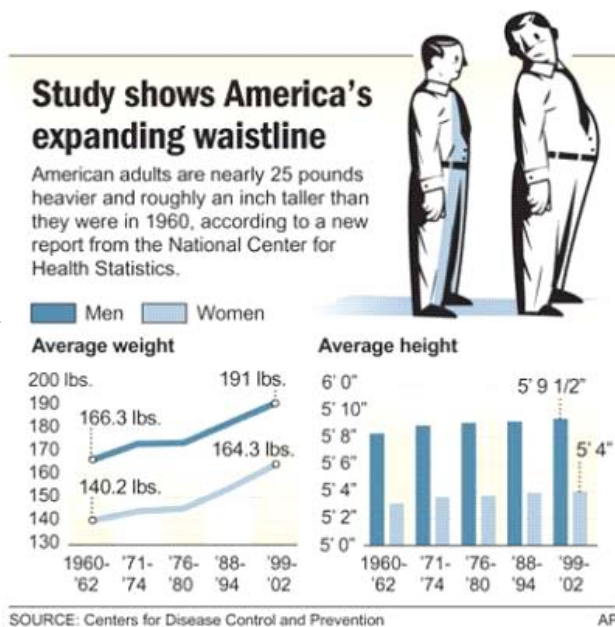
The explanations all involve too much food or not enough exercise.

Americans now have 300 channels instead of three to keep them in front of the tube—and a remote control to surf them. Com-

puters and video games keep adults and kids alike staring at screens. E-mails lets people deliver messages without ever standing up and technological advances often means less movement.

"Everyone has a leaf blower. Ten years ago, people had rakes," David Katz, director of Yale University's Prevention Research Center.

There are also changes in neighborhoods. Some are not safe, so kids and



adults stay inside. Others lack sidewalks or require someone to dodge six lanes of traffic if they want to walk to a store.

Food is also to blame Portions have gotten bigger, and people go out to eat more. Junk food that stays fresh for a long time is more readily available. It's much easier to find a bag of cookies or potato chips in the cupboard than an orange, which may go bad in a few days.



Scheduling and Training Your Staff To Be Versatile

With recent budget cuts we are now struggling to staff our gyms properly with limited or non-qualified personnel. We will need to take a look at how we are scheduling personnel to see what combination of persons best meets the need of the sailors with our present staff. This could mean a fitness director working a night shift instead of their regular day shift. Other than looking at the nights tally how many of us can actually say they spend time in the gym past 5 P.M. at least two days during the week. At the present time most of us turn it over to our night staff and leave never thinking anything different. Sometimes our night staff is the least qualified but we totally turn the gym over to them without even thinking differently. How can we make this limited staffing issues work to our advantage? We will need to look at how we can make our staff more versatile. Just being a counter person does not cut it any more. There are plenty of other tasks that can be done by our staff other than sitting behind a counter on a stool.

Cross-training several members of the staff to assist during times of heavy usage is a wise management strategy. Besides being behind the desk they can be walking around the facility cleaning machines, doing basic preventative maintenance on equipment, or offering basic fitness advice on how to use a piece of equipment properly. There is no end to what you staff can

do if you cross train them. A Job description only defines immediate duties but also has the clause other duties as assigned. We can not allow our staffs become one-dimensional. We must be multitask individuals and train our staff completely to know every aspect of what goes on in a gym

general repairs and general maintenance on you equipment. This will reduce the amount of down time you have on your equipment if you have personnel up keeping your equipment at all times. Remember we are trying to meet a goal of now equipment broken on the floor for more than 24 hours starting this year.



By making your staff more versatile you will be able to schedule every member of your staff at any time because they can handle the task. Being able to only do one thing limits you on scheduling your staff members. By cross-training several members of the staff to assist during times of heavy usage is a wise management strategy. Look at when your

from washing towels to taking out the trash

As far as training that could help your staff we offer the "Basic Navy Fitness Staff Certification." This is an in-house training that can be completed directly in your gym over the course of a month. Once they receive this certification and if they are working in your gym they are considered certified fitness personnel on the floor. This meets the DoD standard of having a certified person on the floor at all times.

Service Seminars offered by equipment vendors are also a great way to train your staff to be multitaskers. By having them go through a service seminar they will be able to perform

gym is being used the most (0500-0700 & 1600-1900). These times are when you should have the largest number of staff members working. Staff members can rotate during a shift instead of being stuck in the same spot an entire shift. This will keep staff member alert and fresh during their shift. Make sure if a person is working on the weekend that they have a day off during the week. This will allow them to have days off rather than working 7 days a week.

These are just a few tips that could help you when you schedule your personnel during the times when we have limited staffs.



Mid-Atlantic Regional Fitness and Sports Programs

The Mid-Atlantic Region Fitness and Sports Department offers many fitness special events and programs throughout the year to help customers achieve their fitness goals. The fitness team at each site is dedicated to promoting a healthy lifestyle for all customers. One of the marquee programs offered throughout the year are the regional running events. The Mid Atlantic Region offers approximately 20 fun runs throughout the year, each year. Each run has a theme that usually coincides with the season. For example, one site might offer a "Reindeer Romp", another a "Fool's 4-Miler", a "Monster Dash 5K", a "Turkey Trot 5K" and even a "Cinco de Mayo" 5K. The majority of the races are 5K's, however there are at least 2 10ks offered each year. T-shirts are given to runners who register and run by a specific date and all runners enjoy refreshments afterwards, including pizza, hamburgers, hot dogs, bananas and oranges. Prizes are awarded to the top three finishers in 5 different age categories, both men and women. Though each site in the region hosts at least one race throughout the year, team members from across the region are always there to assist the host site in making the event happen. Race day is a very exciting and fun day for the entire region. Hundreds of hours are spent gearing up and each detail

is well thought out so all participants have a "clean, friendly, fun" experience!

Runs are not the only events offered in the region though. The following information highlights a specific fitness program or special event from each site in the Mid-Atlantic region.

Naval Amphibious Base Little Creek

Norfolk, VA

In November 2003, the "Shamrock Marathon and 8k Training Challenge" began. The goal of the 18-week program was to physically and mentally train first-time marathon runners and first time runners to be able to run the distance of their choosing. The goal event is held annually in Virginia Beach every March and offers an 8k race and a 26.2-mile race. Participants in the training program could sign up for either distance; the goal was simply to finish. Thirty-five first-timers signed up to participate, 27 for the 8k and 8 for the marathon. They met twice a week, once at the fitness center during lunchtime for a mid-distance run of 4-6 miles and again on Saturday mornings at

First Landing State Park in Virginia Beach to "go long." Regardless of the venue, the fitness specialist and fitness team were there with both encouragement and suggestions. When not running, the fitness specialist kept in touch with the runners throughout the week via email. Incentives were numerous, including t-shirts, post-run refreshments assorted giveaways and guest speakers. One of the guest speakers was the Shamrock Race Director, Jerry Frostick. He gave an eye opening and sobering account on what to expect on race day. Runners who faithfully stuck to the program were presented with a commemorative wind-shirt to reward them for their efforts. The Little Creek fitness team is happy to report that all 35 first-timers successfully completed the distance of their choice.

Norfolk Naval Shipyard Portsmouth, VA

The All Military Body Building Championship is now in its 16th year at Norfolk Naval Shipyard. It has become one of the premier body building events in the Hampton Roads region. Body Builders travel from all over the east coast Columbus Day weekend to participate in this annual event. A national committee of nine to eleven



Mid-Atlantic Regional Fitness and Sports Programs

independent judges scores the event and awards are given to the best in each age and height group. Years of preparation and weeks of special diets are required to be competitive in this event. All participants receive a t-shirt, medal, water bottle and gym bag. All divisional winners are also presented with a trophy. The overall male and female winners receive a four-foot trophy as well as an upright bicycle donated by Life Fitness. Approximately 50 Active Duty Sailors, Marines, Soldiers, Airmen, family members and retirees participate in the event each year.

Dam Neck Annex
Virginia Beach, VA

The second annual Fitness Summit at Dam Neck was a big hit! This event was so popular the first time around, the fitness team decided to offer it again and plans are already under way to offer a third annual Fitness Summit in 2005. Approximately 50 customers signed up in 2004 in an effort to reach the goal of climbing 20,000 feet. As with many fitness programs, the competition was fierce. For this particular program, workouts are assigned a specific number of feet. For example, if you complete a 20-minute cardiovascular workout it

equals a 200-foot climb, a 20-minute strength-training workout equals 200 feet and 10 minutes of flexibility training equals 100 feet. Participants are responsible for reporting their workouts to the fitness team. A poster is displayed in the fitness center detailing each participant's workout history. Each day a member of the fitness team updates the poster to show the progress of each participant. Prizes are awarded to everyone who reaches 20,000 feet. Prizes include water bottles, t-shirts, hats and a tote bag filled with goodies.

NSA Northwest Annex
Chesapeake, VA

The "Hammer Strength Lift Off" has become an annual event at NSA Northwest Annex. Each participant performs a max lift on each piece of Hammer Strength equipment located in the "pit." The "pit" is the area in the fitness center set up specifically for this event. The following pieces of equipment are used for the lift-off: wide chest press, shoulder press, decline press, regular chest

press, leg press, and the incline chest press. The fitness team assists with spotting and encouragement during each lift. The cumulative total pounds are calculated in order to give each participant their score. The participant who lifts the most overall wins. Hammer Strength donates t-shirts to present the winners in each age group category, male and female. This program is open to all authorized users, however it is most popular with the active duty.

Naval Air Station
Oceana
Virginia Beach, VA

The Oceana fitness team offers a year round program called Fit For Your Life. This program encourages all participants to walk or run throughout the entire year. Participants are rewarded with prizes for their efforts. Each participant keeps track of their miles by writing them in the logbook located at the fitness center. They are also able to email their mileage to the fitness specialist if they are out of town or exercising at home. This program has been very successful at Oceana. In 2004 over 121 customers participated in the program. Forty-five



Mid-Atlantic Regional Fitness and Sports Programs

participants completed more than 100 miles and received a Fitness and Sports key chain. Fourteen participants reached the 500-mile mark and received a windbreaker. Four participants reached 1000 miles and received a plaque commemorating their efforts. Fit For Your Life is a program that is open to all authorized users.

Naval Weapons Station

Yorktown, VA

The Physical Readiness Challenge is an incentive program that is implemented twice per year, January and June. The goal of the program is to prepare active duty and reservist for their bi-annual Physical Readiness Test. The fitness team helps the participants by encouraging active duty and reservists to perform the same tasks required of them during PRT testing. Each participant must complete 300 sit-ups, 300 push-ups, and 75 miles of running in a three month time period. The participants are given a sheet to record the day, month and the number of exercises completed that day. At the end of three months, participants who have successfully completed 300 sit-ups, 300 push-ups and 75 miles of running receive a Navy Fitness T-shirt.

All of the participants receive a Navy Fitness water bottle.

Naval Station Norfolk

Norfolk, VA

During 2004, the Naval Station Norfolk fitness team offered a wide range of specialty group exercise classes. The goal was to educate the participants on a variety of different workouts and supplement the group exercise schedule each month. The fitness team picked a different topic each month and provided information, in the form of handouts, and demonstrated a variety of exercises on the topic of the month. The program kicked off with a class called "Fabtastic." Fabtastic was a thirty-minute abs class immediately following the lunch-time group exercise class. Participants were educated on proper technique, appropriate abdominal exercises and performed a variety of abdominal workouts they could eventually incorporate into their regular exercise regimen. "Glutiful" followed the abdominal class and was designed to work the gluteus maximus! Participants had an intense workout each week and took a training plan home with them. Other spe-

cialty classes include a Resist-a-ball workout and a Reebok Core-board workout. The classes have been very popular and plans are underway to continue these classes in 2005. They allow the fitness team to show customers new equipment, new techniques and give them a short intense workout.

NSA Norfolk

Norfolk, VA

From late-May until mid-July this past year, the NSA Norfolk fitness team offered an extreme world challenge incentive program. Participants were asked, "Do you know what the 7 Wonders of the World are? If so, do you have what it takes to conquer them?" This program challenged participants to complete one mission every week in order to receive a prize. Each week's mission was named after one of the 7 Wonders of the World; The Pyramids of Egypt, The Hanging Gardens of Babylon, The Statue of Zeus at Olympia, The Temple of Artemis at Ephesus, The Mausoleum of Halicarnassus, The Colossus of Rhodes, and The Pharos of Alexandria. For example, to conquer The Pyramids of Egypt all participants were required to perform an exercise for each of the major muscle groups. The other



Mid-Atlantic Regional Fitness and Sports Programs

missions required participants to perform a variety of other tasks such as schedule and perform a fitness assessment, complete a wall sit with arms by ears for a total of 10 minutes, successfully complete a timed step test and perform 4 minutes and 40 seconds of lunges without a break in rhythm. The participants who conquered at least one of the Seven Wonders of the World received a small prize and everyone who conquered all Seven Wonders of the World received a

large prize.

The Mid-Atlantic Fitness Team is looking forward to offering some of these programs again in 2005 as well as many other exciting new programs in the months to come.



Calorie Burners: Activities That Turn Up The Heat

By FIT Facts from the American Council on Exercise A.C.E.)

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it's good for you and makes you feel pretty good, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories. Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential. And, of course, all things in moderation—even exercise.

READING THE CHART

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different

Activity	Calories/min.	120 lb.	140 lb.	160 lb.	180 lb.
Basketball		7.5	8.8	10.0	11.3
Bowling		1.2	1.4	1.6	1.9
Cycling (10 MPH)		5.5	6.4	7.3	8.2
Dancing (aerobic)		7.4	8.6	9.8	11.1
Dancing (social)		2.9	3.3	3.7	4.2
Gardening		5.0	5.9	6.7	7.5
Golf (pull/carry clubs)		4.6	5.4	6.2	7.0
Golf (power cart)		2.1	2.5	2.8	3.2
Hiking		4.5	5.2	6.0	6.7
Jogging		9.3	10.8	12.4	13.9
Running		11.4	13.2	15.1	17.0
Sitting, quietly		1.2	1.3	1.5	1.7
Skating (ice and roller)		5.9	6.9	7.9	8.8
Skating (cross country)		7.5	8.8	10.0	11.3
Skating (water and downhill)		5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)		7.8	9.0	10.3	11.6
Tennis		6.0	6.9	7.9	8.9
Walking		6.5	7.6	8.7	9.7
Weight Training		6.6	7.6	8.7	9.8

activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30 minute jog.

There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it.

Simply showing up for class and going through the motions isn't going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing.

And don't forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life. Doing things like taking the stairs, walking to the mailbox instead of driving, and doing chores around the house are great ways to

burn additional calories.



NAVY FITNESS TRAINING SCHEDULE

Navy Fitness FY05 Training Schedule... offers three distinct training options for commands at 12 regional locations. There is no registration fee and the classes are provided free of charge! Register via the MWR Training Website.

The **Basic Fitness Certification** is three day course with the goal being to give each MWR Fitness/Sports employee the basic skills needed to provide quality and knowledgeable assistance to the customers. The objectives for this training are: Understanding basic muscle physiology. How to integrate strength and endurance training into workouts. How to properly demonstrate a variety of strength machine exercises and cardiovascular machine exercises. Develop basic workout programs. How to properly design and run a circuit training program. How to develop long-term training programs. How to evaluate progress.

Each student will be required to take 50 Question Test (Multiple Choice) as well as practical exam (Explanation of Exercises and Equipment). They must achieve a 70% to pass the course and receive Navy Fitness Basic Certification. **This certification will meet the requirements for**

Fitness personnel for the DOD standards.

Navy Fitness- Sports Training Class is three day course intended to give information to aid in the design of sport training programs this will aid in the prevention of sports injuries and improve performance. At the end of this course, participants will be able to identify and demonstrate the proper steps in designing a well-balanced year round sports conditioning program. Additionally, each student will be able to identify and demonstrate proper warm up in the following areas: Basic Stretching, Dynamic Stretching, and Sport Specific Stretching, proper techniques for agility drills in all sports. Also, understanding on how to improve speed, proper techniques on performing plyometric drills plus identify exercises that are sport specific that will strengthen the upper body, lower body, and trunk areas by using free weights and machines. Understand the proper nutritional tactics that will improve performance and how to write a year round sports conditioning program that will peak individual athletes to perform optimally and given times during a year. Each student will

be required to take 50 Question Test (Multiple Choice) as well as 10 drill explanation questions. They must achieve a 70% to pass the course and receive Navy Fitness Sports Conditioning Certification.

Navy Fitness Advance Fitness Training course is a three day course intended to give new information to aid in the design of fitness programs that will help the Sailors attain and maintain proper fitness levels. At the end of this course, participants will be able to: Identify and demonstrate the proper steps in designing a well-balanced fitness program and proper warm up in the following areas: Basic Stretching Program, Dynamic Warm Up Program and Confined Space Warm Ups. Additionally, each attendee will be able to identify exercises that will strengthen the upper body, lower body, and trunk areas by using machines, bands, and body weight as resistance plus understand general spotting techniques and safety concerns of free weight exercises. Further, identifying proper nutritional tactics to best aid in the reduction of body composition and understand how to take a participant from beginner to advanced using a properly constructed program. Each student will be required to take 50 Question Test (Multiple Choice) as well as 10 practical questions on slides. They must achieve a 70% to pass the course and receive Navy Advanced Fitness Certification.

TRAINING SCHEDULE FY05

Location	Date	Training
NAVSTA Pearl Harbor	Jan. 10-12	Navy Sports Specific Training
NAS Corpus Christi	Feb. 15-17	Advanced Navy Fitness Training
CFA Yokosuka	March 14-16	Basic Navy Fitness Training
NAVSTA Mayport	March 29-30	Field Maintenance Seminar
NAVSTA Everett	April 5-6	Field Maintenance Seminar
Subase Kings Bay	April 11-13	Advanced Navy Fitness Training
Subase New London	April 26-28	Navy Sports Specific Training
CBS Gulfport	May 10-12	Advanced Navy Fitness Training
NAF Atsugi	May 23-24	Field Maintenance Seminar
NAVSTA San Diego	June 7-9	Navy Sports Specific Training
NAVST Everett	July 19-21	Navy Sports Specific Training
NSA Washington D.C.	Aug. 2-4	Basic Navy Fitness Training
NAVSTA Norfolk	Aug 23-25	Navy Sports Specific Training
NAVSTA Rota, Spain	Sept. 13-15	Advanced Navy Fitness Training

US NAVY FITNESS

Commander Naval Installations—Millington Detachment
5720 Integrity Drive
Millington, TN 38055

Phone: 901-874-6899
Fax: 901-874-6831
Email: p6511@persnet.navy.mil

Failure Is Not an Option!